

Chilled Vegetable & Smoked Turkey Salad

This salad presents layers of earthy, smoky flavors and textures from crisp to creamy.



INGREDIENTS

(Makes 4 Servings)

Salad	
Red Potatoes, cooked, cooled, and sliced	700g
Beets, cooked, peeled, cooled, and sliced	250g
Fresh Green (English) Peas, blanched	250g
Radishes, chopped	30g
Smoked Turkey, deli sliced	100g

Dressing	
U.S. Blue Cheese	65g
U.S. Yogurt, low-fat, plain	100ml
Mayonnaise	15ml
Chives, chopped	1g
Salt and Pepper	To taste

NUTRITIONAL CONTENT

Per 100g

Calories	192kcal
Total Fat	14g
Saturated Fat	8g
Trans Fat	0g
Cholesterol	39mg
Total Carbohydrates	7g
Dietary Fiber	0g
Sugars	0g
Protein	11g
Calcium	290mg
Magnesium	18mg
Phosphorus	220mg
Potassium	224mg
Sodium	588mg
Iron	0mg
Vitamin A	389IU
Vitamin C	1mg

PREPARATION

1. Carefully assemble the potatoes, beets, peas, and radishes in four salad serving bowls. Season to taste.
2. Roll turkey slice and place like garnish, around top of salad.
3. In a separate bowl, mix dressing ingredients and adjust seasoning.
4. Pour dressing over salad and serve.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

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